The Road to Happiness
By
Abib Thorson

# THE ROAD TO HAPPINESS

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# INTRODUCTION

HAPPINESS sounds good and simple, but it is hard to achieve as a lasting state of well-being. Happiness is the most expensive currency on earth; everyone works for it directly or indirectly. It is the universal pursuit, yet it remains elusive and often misunderstood. At its core, Happiness is a state of well-being and contentment-a feeling that life is meaningful, joyful, and fulfilling. Despite its apparent simplicity, humans typically confuse it with momentary pleasures, material success, or external achievements. This confusion defines happiness in the wrong way. True happiness is a blessing from the creator, a reward from the fulfillment of one's purpose, and lasting sense of satisfaction with oneself and one's life.

Understanding the key facets of happiness will help you not only to build a true, lasting

happiness but also transform how you experience life-and this where this book can help you.

# THE JOURNEY TO HAPPINESS

# CHAPTER 1

## THE ILLUSION OF MORE

It's another day, a new chapter, a new chance, and another step in the journey of life. Inside our mind, every day sounds much cacophony: will I go to work today? Is my savings enough? Why do I feel so lonely? Am I enough? Why does my life seem miserable despite all my achievements and material possessions? My mates are doing better than me. How do I catch up? How do I make more money? Should I travel? What do I really need? A new car? The new iPhone? What do I really need to be happy?

A batch of questions, many plans, a lot of sacrifices, and thousands of means-just to get one thing: Happiness!

Happiness feels like a destination perpetually receding on the horizon, glimpsed only in fleeting advertisements, curated social media feeds, and in instant

gratifications. We chase happiness with promotions, purchases, plans, and performances, yet it remains elusive-a mirage shimmering just beyond the next achievement, the next acquisition, the next validation. Sadly, exhaustion is constantly our companion, a heavy cloak woven from anxiety and the nagging sense that we are missing something fundamental. We know what is missing, but we don't know how to get it and make it last. The journey toward happiness doesn't start with a grand leap forward but with a quiet step back.

Our modern world is built on a powerful, seductive lie: happiness is found in accumulation. More money, more possessions, more experience, more status, more options, more everything. We are bombarded with messages telling us that fulfillment lays just beyond our current grasp-in the next purchase, the next milestone, or the next upgrade.

This “more mentality” is a treadmill disguised as a path. In our minds, we have a list of what can make us happy and how to be happy, and we are also aware of things that can compromise our happiness, but we often forget them until happiness becomes a distant destination and we are forced to walk the road that leads to it.

## THE HEDONIC TRADEMILL (BACK TO THE SET POINT)

Everyone has a baseline level of happiness that we can call a set point. Every event, whether positive or negative, has some temporal effect that pushes the levels of happiness up or down and then returning to the set point. This movement create “the pursuit of more,“ causing people to constantly seek new positive experiences to maintain a higher level of happiness, reinforcing the cycle of chasing goals like wealth or new possessions

without achieving lasting satisfaction. This simply resets the goalpost sending people back to the set point again and again.

For example a new car delights and then the feeling becomes normal. An unfortunate situation can cause distress but a short time later it becomes normal with less distress.

This pursuit of more doesn’t bring lasting joy and become a big deal, fueling the quest of happiness even more. its programs our brain to constantly ask for more short-term happiness, digesting it quickly, sending us back to the set point and keeping us locked in the game. This is the perpetual circle that prevents people to be truly happy, it’s hard to escape and it pushes people to make bad choices sometimes. And choices are heavy to bear when they are the wrong ones.

# THE WEIGHT OF CHOICES

Life is full of options. And where there are more options, making choice can be a challenge. Choosing the right option in life –one that can lead to lasting happiness- requires deep thinking when you have more time. However making a choice in a short time frame can be overwhelming, and once we make it, we now second-guess every decision, wondering if a better choice existed. So, to make the right choice that can lead to happiness, you need to sort and reduce the options available. Replace the mindset that convinces you that material possessions bring more happiness with this one: happiness comes from the creator, habits, experiences and purpose of your existence. Remember your goal once again: to be truly happy with happiness that lasts longer, and to escape the hedonic treadmill and its short- term joy. Ask yourself if the choice you are about to make is aligned with your goal and your

new positive mindset or your purpose. If yes, that's the right choice. But wait-

There are other things that can ruin your right choice and they are also the effects of the hedonic treadmill: Comparison and competition.

## COMPARISON BIRTH COMPETITION

When other people's lives become the yardstick by which we measure our own, competition becomes inevitable. Once we make room for competition in our life, distress and jealousy hijack it, ruin our right choices, and create a distance between us and happiness. In today's world the social media have made comparison and competition popular, amplifying the "More Mentality "into a global spectacle. Everybody on social media seems to be running a marathon called "best and happy life show"

Students, employed people, and unemployed are influenced by artists, politicians, and social media influencers.

A student who wants to be like an artist stresses over how to make money early to afford a similar lifestyle instead of focusing on education-and this redefines happiness for them.

A jobless person wants to display material possessions online like politician, which may push them toward the wrong path to make quick cash and satisfy their desire the earlier possible, ignoring the consequences.

A young girl obsessed with fame and wealth wants to become a social media influencer. So she will consider every option, no matter the cost.

These are just some examples of how comparison drives many people away from happiness. They assume other's levels are higher than theirs, so they try to equalize them, thinking it will bring happiness-but

they forget the reality on both sides. Many social media lives are fake, and even when real, we don’t share the same reality or circumstances. After all, not all fingers on a hand are equal.

The virus of comparison and competition is not limited to social media; it spreads in real life too- among relatives, friends, at work, in business, on the street. As children we always wanted the same toy as the neighbor's kid. As adolescents we followed the crowd, believing what made others happy will probably work for us. Unfortunately, many become addicted to alcohol, drugs, or bad habits that shorten their happiness and lifespan.

In adulthood, comparison and competition seem unavoidable. We check on relatives or friends to see how well they are doing, their status, income, possessions-and based on that we decide if our life is good or miserable. If they’re doing better than

us, we often feel sad, letting envy and jealousy drive us to catch up. Both the sadness of falling behind and the stress of catching up can push happiness away.

At work we want uniform success and race for first place.

On the street we envy someone in a luxury car and feel we need one too to appear happy.

Unfortunately comparison and competition have dragged many from good to bad and some from bad to worse. Some go from little to nothing; others go from little to much but find no satisfaction. People may look happy but in reality they are not. And when you ask people if they are happy, majority will answer: yes! But it is the mask of the modern world; damaged soul walking with smiling emoji.

Comparison and competition aren't entirely bad for imperfect being-they can motivate

positive change in some areas. But when it comes to true happiness, they have proven ineffective at delivering lasting results. To avoid being trapped:

Stop the negative thoughts that torment you and push you to compare and compete. Replace them with positive ones. See yourself as a unique being, yes unique in everything.

Focus on your own goals and strengths; this stops you from fixation on what others have or where they are in life. That kills comparison. Instead of competing with others, compete with yourself; compare yourself to who you were yesterday and work toward the dreamed version of you.

Create a version of yourself that defeats the old you, not others. Celebrate others' wins with them, replacing competition with appreciation. Let me remind you: "You are the greatest project you can work on" Be proud of your past achievements, celebrate them, and use them as evidence

that you are doing well and you can achieve more. This trains your brain to focus on you and the good in your life. It is also a powerful way to cultivate an abundance mindset, powered by Contentment.

# CHAPTER 2

## THE POWER OF CONTENTMENT

Contentment is the foundation of happiness. Happiness sparks joy but contentment is steady, deep-seated satisfaction-a lasting state of peaceful acceptance that comes from being at ease with your circumstances and what you have. Contentment is characterized by these key facets:

## GRATITUDE: THE ANTIDOTE TO LACK

Gratitude is a magnetic energy that attracts more positivity and boost happiness. Recognize and appreciate the good things in your life even if it seems little-rather than chasing the “more mentality”. Practicing gratitude triggers your body to release more dopamine,

helping you to feel good and slowing the drain on happiness. It shifts focus from what's missing to what's present, rewires the brain to see abundance instead of scarcity, and disrupt the hedonic treadmill that demands more for short-term joy. A constant drip of water can eventually wear down even the hardest concrete. This is to remind you that practicing gratitude daily even on the small things can sustain happiness for long periods. So everyday keeping a simple gratitude journal, mentally acknowledging small pleasure: grateful for life, for a good cup of tea, for a good health, for your true friends etc. Expressing thanks directly to other helps even more.

## ACCEPTANCE AND RESIGNATION

Contentment isn't ignoring problems or pretending everything is perfect. It is accepting reality as it is right now, without complaints like: "I don't deserve this." "This shouldn't happening," or "why me?"

Acceptance creates the calm space to respond effectively to challenges instead of reacting in panic or denial. Accept what has happened-whether you caused it or not. This releases you from the blaming mentality and lets you to focus on solutions that bring peace and joy. When you always blame others for what happened to you, your focus stays on them, on hatred, or even retaliation plans instead of solving problem.

## RESILIENCE

The ability to withstand life challenges and quickly recover from difficulties is called Resilience-and it is powerful. Yes and that's the power that boosts healing and it grows more when you use your internal sense of strength. Resilience is the shield that protects happiness despite challenges. With it, you can adapt to stress including events like trauma, tragedy, health issues, family problems or financial hardship. Resilience helps maintain mental, emotional, and physical health.

Resilience is the force that pushes you to move on, move forward or bounce back to you normal level of happiness if you were completely down.

## THE POWER OF ENOUGH

Life is full of happiness when the little you have feels like enough. This is the core mantra-recognizing that you have enough, enough resources, enough time (when used well), love, and self-worth. It dismantles the insatiable hunger of “more” that brings more difficulties and steals joy. It frees you from chasing material things that consume time only to leave you empty and craving more.

These facets together create a solid foundation for lasting happiness.

## PRESENT-THE ONLY PLACE HAPPINESS GROWS FASTER AND LAST MORE

The past may hold regrets; the future may

bring anxiety, but both are not the reality. Your present is the only reality. So be present and aware in the moment. Mindfulness reduces stress from the past and anxiety about the future while enhancing appreciation for life, and teaching acceptance instead of resistance.

Contentment flourishes when we anchor ourselves in the here and now. Staying present lets you fully experience life, savor joyful moments, live in reality, and seize opportunities for joy. Focusing on the present boosts gratitude, builds resilience, encourages sufficiency, and creates solid contentment that supplies happiness every day.

# CHAPTER 3

## THE SHORTCUT TO HAPPINESS: SIMPLICITY

At the hospital, a nurse asked me to step on the weighing scale. When I stood up, she instructed me to empty my pockets, place my phone on the table, remove my wristwatch, and take off shoes because those items don't count toward body weight and would give an inaccurate reading. In the same way, life is like a weighing scale: if you want to measure true happiness you must remove unnecessary things from your life and prioritize only what is essential. This practice is called simplicity.

Simplicity is not about deprivation or austerity. It is intentional living. At its core, simplicity is the conscious act of removing

the non-essential to create space for what truly matters. It is the liberation from the slavery of the unnecessary. Applying simplicity in all areas of your life accelerates your journey to happiness. Here are four types of simplicity that can help:

## THE PHYSICAL SIMPLICITY

Decluttering is more than tidying; it is a physical manifestation of mental clarity. Letting go of non-essentials possessions, redundant gadgets, creates not only literal space but also metaphorical breathing space. It reduces maintenance burdens, lightens your feelings, and clears your mind.

Stay clean and keep your surrounding clean whenever possible, because clutter and dirty influence your mind and can block positive energy. Cleanliness also helps prevent diseases that can rob you of happiness.

## DIGITAL SIMPLICITY

Constant notification, endless scrolling, and daily bad news create digital noise that fragments attention and fuels anxiety. Simplifying means curating feeds, turning off non-essential notifications, setting screen time boundaries, and reducing your social media presence. This reclaims your focus and lets you concentrate on what truly matters with fewer distractions. Digital simplicity gives you more time, free you from the tyranny of social media reels that offer you short temporal joy in exchange of large part of your precious time. Digital simplicity reduces external trigger that fragment attention, and restores clarity and happiness.

## MENTAL SIMPLICITY

This is the hardest frontier: achieving inner clarity by silencing internal chatter and eliminate psychological noise. Life is hard- this is a fact, so your most effective weapon is mental strength. A cluttered,

unhealthy mind cannot survive long. Worries about the future, regrets about the past, relentless self-criticism, overthinking, fear of missing out, and compulsive planning can make your mind feel as heavy as a mountain. Declutter your mind by unloading unnecessary thoughts and reducing negative ones to restore peace. Practice such as mindfulness, meditation, or time in nature cultivate this inner quiet. Mental simplicity reduces anxiety, sharpens focus, and allows you to respond to life rather than react. It involves observing thoughts without being swept away by them; the path to the inner stillness needed to discern what truly matters.

## TEMPORAL SIMPLICITY

Time is said to be money, but time is worth far more than money. Time is our most precious and non-renewable resource. Temporal simplicity (or time minimalism) is not about doing less; it is a lifestyle approach that focused on eliminating non-

essential commitments or activities to free time for meaningful pursuits. It means saying “No” more often to draining obligations, FOMO-driven events, and constant productivity pressure. It means protecting pockets of unstructured time for rest and reflection.

These forms of simplicity create a protective framework around your happiness, keeping you alert to anything that might shadow your joy.

In a world where people live to please others, and are heavily influenced by social media and their environment, simplicity goes beyond minimalism.it becomes a core principle that guide humble and wise individuals who understand what makes life truly beautiful and interesting. As Leonardo da Vinci said: “Simplicity is the ultimate sophistication” meaning true simplicity requires deep understanding that leads to clarity and

eliminate excess. Achieving this in today's world, where simplicity is often seen as lack or poverty-demands tremendous discipline.

In summary, simplicity is not merely having less stuff; it is having more life: more space, more time, more attention, more understanding and more peace.

# CHAPTER 4

## LITTLE PRACTICES WITH BIG IMPACTS

The path to happiness isn't walked in grand gestures but in small, consistent moves.

Create simple daily routines that anchor you in the present: an evening walk without headphones, a visit to the beach with loves ones and so on.

Rediscover the simple pleasures: the beauty of nature, the smell of rain, the satisfaction of completed task, the comfort of familiar routines, the quiet companionship of a pet. Happiness often hides in the ordinary things.

Practice mindful consumption. Before buying anything, ask yourself: Do I really need this? Will it truly add value to my life or my space, or it's just clutter? Apply the same question to information, media, and

commitments too. Choose quality over quantity.

Connect with people who match your energy. Prioritize deep authentic relationship over superficial networking. Invest time in a few meaningful relationships. Practice active listening-truly hearing, rather than waiting to speak.

Build a small circle of friends; the quantity does not matter. A few true friends can bring far more joy than many shallow ones.

Spend more time with your love ones: play, joke, and help them solve any challenge when you can, and enrich their lives with emotional warmth and care.

Problem will always arise in a society full of different people, so learn to take nothing too personal. Taking things personally steals happiness. It leads to frowning faces, bitterness, constant anger, and can contribute to heart disease, mood swing and brain issues. Be free: learn to forgive

and forget for the sake of your own peace, health, and happiness.

Take everything easy and keep life simple-no drama, no enemy, no hate, no complaints-just share love and respect.

You were made imperfect, so flawlessness isn't an option. Embrace imperfection and let go of the pursuit of perfection. Find beauty in the slightly crooked picture, the imperfectly baked loaf, the human quirks in yourself and others. This reduces stress and fosters self-compassion.

Be generous. Generosity gives more happiness; generosity is the fountain of happiness. The Bible said "There is more happiness in giving than there is in receiving"(Acts 20:35) you will feel more happier when helping others-not only financially but in other ways: helping an elderly person clean their room and wash clothes, inviting people to dinner, assisting children to cross the road. Help without expecting anything in return, and you will

be rewarded by the creator. Proverbs 11:25 said “The generous person will prosper, and whoever refreshes others will himself be refreshed.”

Expect nothing from anyone. Unfulfilled expectations kill joy. Unfulfilled expectations have robbed many people’s happiness. When expectation becomes your guiding light, all you see is disappointment; all you feel is anger and you end up downhearted, with a reservoir of bitterness. Denial and delay are part of the components that form expectation, that’s why life often withholds what you feel you deserve, and people break promises. Expect nothing and life will surprise you pleasantly. Free yourself from others’ expectations to gain more peace of mind. Keep this in mind: many things will not go as planned, and that is no reason to lose happiness. Learn from God Himself. He created the universe, angels, animals, and humans with the goal to be happy, yet He regretted it because creatures,

especially humans, disappointed Him and continues to do so. Imagine the creator watching humans destroy the earth, normalize violence and wars, yet remaining patient and happy. You can also imitate God by staying happy no matter what.

Life's problem can drain us physically and emotionally, especially when you have no control over them. But for problems where you have some control, regulate the drain by focusing on what you can influence and extracting maximum joy from it. For example if you lose $80 out of your $100 do not emotionally attach to the lost portion, focus on what you can actually do with the remaining $20 to stay happy. Learn to move on quickly; this saves your life and preserve your happiness.

Find joy in your hobbies and passions. Activities like gym, music, martial arts, traveling, writing, or reading lower stress and improve mood, adding to overall happiness.

Avoid chronic sleep deprivation. Aim for quality sleep of 6-8 hours to support mental health.

Discover the purpose of your existence. When you know why you are here and pursue that direction, you feel happier and engage only in meaningful activities that bind you to true happiness and attract more blessings.

Overthinking is the container of problems that don’t exist. Overthinking solves nothing. Most of what you overthink never happens. Why waste your energy, time, and feelings on nothing? Why voluntarily separate yourself from the happiness you seek? Take action, challenge those negative thoughts, and shift the focus on what you can control and let time handle the rest of the job.

# CHAPTER 5

## IMITATE INTROVERTS

The best thing that ever happened to my life was becoming an introvert. I became a parentified child at 14 years old and encountered life's harsh realities very early, this introverted me. At first, it seemed difficult, but with time and life experiences, i realized that being introvert was the true path to happiness even though it has its limits, pros and cons. When you are an extrovert, many of the things that make you happy are external, and you literally depend on other people. When you are alone as an extrovert you feel sad or it seems like you are disconnected from happiness. You want to mingle with people to escape your pain and insecurities. You seek validation, attention, and approval from others, and you perform happiness for them. Being an extrovert means you are not built to face

life's realities alone.  Therefore, you depend on other people to feel good and happy. This dependency brings a lot of trouble because of the human imperfection. The same people who give you joy-the same people you entertain or that entertain you-will eventually step on you. First your constant availability makes you seem cheap and unable to face life without them, giving others the incentive to blackmail you or take advantage of you. Second, many extroverts are talkative, which cause people to ignore them at times; this ignorance affect their mood and makes them feel unworthy. Moreover, when extroverts run out of things to say, they often resort to empty conversations, gossip, unsolicited opinions, and lies. These behaviors can leads to arguments and fights, which destroy their happiness.

In contrast, introverts are one-man-army, a real thinking machine, master of observation, life analysts, and everything they need for themselves. Introverts deal

with life one-on-one. They seek no validation or attention and do not entertain others to feel good or happy. People often view their loneliness or solitude as a weakness or pathetic situation, but this is their real power and the source of their happiness. When you don't mingle with many people, you drastically reduce the drama that can ruin your happiness. When you avoid getting involved in other's lives you cut out 90 % of daily stress and keep your emotional bandwidth for yourself. Introverts excel at this, which is why they are sometimes regarded as anti-social. They preserve their happiness by preserving their energy-avoiding unnecessary social interactions, empty talks and gossip. They mind their business and focus on only what concern them. This leads to a good mood, clearer thinking, and deeper enjoyment of things they love.

Introverts master the 16$^{th}$ law of the 48 laws of power: "USE ABSENCE TO INCREASE RESPECT AND HONOR"

“Too much circulation makes the price go down: The more you are seen and heard from, the more common you appear. If you are already established in a group, temporary withdrawal from it will make you more talked about, even more admired. You must learn when to leave. Create value through scarcity.” (The 48 laws of power, page 115)

For introverts, solitude is not just about avoiding people and problems-it’s a tactic to reflect their value. Their loneliness creates scarcity, and when they appear in public, people value them more. This increases their happiness because there is great joy knowing you are worth more. Introverts are not entangled in everyone’s expectations, so they do not perform happiness for others. This gives them the freedom from people-pleasing, and helps them maintain authenticity. They prioritize a small circle and they are very selective with clear boundaries; therefore, they are connected with quality people who

understand them and cause no trouble. These good connections lead to higher relationship satisfaction, which is a source of happiness. There is a deep satisfaction in knowing you don't gossip, don't meddle, don't chase clout, and don't betray your own peace for temporary approval. That integrity compounds into genuine, calm happiness and accelerates your personal growth and progress in your inner world.

If you are an introvert embracing your introversion will pave way for happiness. But if you are not an introvert, try your best to imitate introverts-not by avoiding people but by minding your business, and controlling your availability. This is the good, sustainable path to quiet happiness in a very loud and troublesome world.

# CHAPTER 6

## CREATED BY A HAPPY GOD: *JEHOVAH*

Jeremiah 32:41 begins with these encouraging words “I WILL EXULT OVER THEM TO DO GOOD TO THEM”

These words are from a loving Creator who cares deeply about you. In the beginning, He created everything around the first human with the purpose of making him and those who would come from him happy.

A beautiful garden with waterfalls and pleasant rivers, seas and beaches, animals, trees producing various fruits for food, a sky filled with billions of stars, free oxygen, and a woman for the man and a man for the woman. He gave humans the authority over the earth and over all other creatures because we are worth more than anything on our planet. All of this was so we could happily enjoy life forever.

Unfortunately, things did not go as planned and since then the human race has faced challenges and chased happiness throughout life. But this does not mean God abandoned us. No.

Jehovah promises to do good to us, and He will never fail. Every day He gives us life; He makes His rain fall on both the good and the wicked. He makes plans for us and grants us the privilege to pray and ask anything we want from Him. He is waiting to be your best friend.  Build a good relationship with God if you want happiness, please Him and He will be with you, He will bring joy to your life. The big mistake philosophers, psychologists, and writers who try to explained happiness and how to have it made is that: they explained and define happiness without involving the influence of the creator. This mistake have mislead people and keep happiness as mystery and unattainable. It is a big ignorance to talk about happiness without involving God. It is a waste of time to seek

happiness without seeking God first. It's not a religion debate but a hidden fact that every other discipline can prove.

Psalm 16:11 said " You make me know the path of life, in your presence is ABUNDANT JOY, there is HAPPINESS at your right hand forever "  Happiness is made in God's factory, and like the psalmist if you please Jehovah, He will show you the right path that leads to true happiness in life.

1Thimothy 1:11 said He is "A HAPPY GOD" Yes? He is happiness and He will shower you with joy if you develop a good relationship with Him.

Death, hardship, poverty, diseases, war, crimes threaten life on earth, but Daniel 2:44 said God will establish his kingdom on earth. Through Jesus, the King of that kingdom, He will wipe every tear from our eyes. "Death will be no more, neither will mourning, nor outcry, nor pain be anymore."(Revelation 21:4)

The blind will see, the deaf will hear, the lame will leap like the deer and the tongue of the speechless will shout for joy. Former things will not be called to mind nor will they come up to heart again. There will be abundant food; we will not build a house and die leaving it, nothing will harm us. (Isaiah 35:5-6, Isaiah 65:17, 21-25) How beautiful our life will be in God's kingdom-filled with true everlasting happiness.

The God who cannot lie has promised this (Titus 1: 2) Believe it, it will happen soon.

Imagine yourself in that wonderful new world. Let that vision sustain your hope that things will change, happiness will be permanent, and death will not be the end.

## FIND JOY IN GOD CREATURES

Nature is the mother of beauty and joy. A cool sea breeze through trees. Beautiful landscapes with green grass and beautiful flowers, the soft sound of a running river. The birds singing at the dawn and dusk, the beauty of the sunset, one of these has

surely brought you joy. Why not make God's creations a regular source of happiness?

Visit animal parks and appreciate their beauty and intelligence.

Go to the beach and marvel at vast sea full, with fresh breeze and wonderful creatures.

Climb mountains and feel how limitless happiness can be.

Raise a pet with love and care and feel the entertainment.

Walk alone on the beach and think about someone special you love.

Stroll through beautiful landscape and recall all those good memories of your life.

The savanna, forest, rain, sun, snow, river, waterfalls, starry nights, and the entire universe are source of joy and can teach qualities that make you happier.

# CHAPTER 7

## THE ROAD UNFOLDS; THE DESTINATION IS CLEAR AND NEAR

Clarity is the light of the soul. With less noise and clutter, your values and priorities become clear. You make decision aligned with what truly matters to you. Not what the world demands. When you're not constantly looking ahead or comparing yourself, you become sensitive to the small, genuine joys in everyday life. A shared laugh, a moment of beauty, a quiet sense of accomplishment. These become source of deeper joy.

Happiness begins spiritually then flows within the mind, and by consciously shaping your mindset you pave way for enduring joy and fulfillment. Eliminate negative thoughts and plant positive ones.

When happiness is not tied solely to external circumstances or other people,

you become stable and adaptable. You can weather storms because your core sense of “enough” remains intact.

Happiness does not mean a life free from hardship. Life is like a crypto chart it has up and down. At the bottom happiness mean developing resilience-facing challenges with courage and adapting to every situation.

You can be happy despite poverty: shift your perspective and recognize that happiness is often internal and not directly tied to material possessions.

You can be happy despite sickness: be grateful for the free oxygen God provides and pray multiple times in a day. God may not perform a miracle or cure you, but surely He will give you the strength to endure your illness and adapt to it. Lean on loves ones they offer practical and emotional support.

Do not view death as punishment or a permanent end-it is just a pause if you

really believe in God’s kingdom.

Accept your feelings. It is okay to feel sad or frustrated, but do not let emotions steal your strength and your joy. Regulate your feelings, give yourself time, be kind to yourself, and find ways to improve your life: pursue hobbies, listen to favorite music, smile, tell jokes, and live as if you are more than fine.

You can be truly happy no matter what! Nothing stops happiness if the source of your joy is from the creator, and from your mind and habits.

Daily habits strongly influence emotional health, regular exercises release endorphins to lift mood; nutritious food supports brain function; adequate sleep restores energy and emotional balance. Small lifestyles change can produce big, lasting impact on happiness by creating a supportive environment for mental and physical health.

The road to happiness is not a race to a

finish line but a quiet path you walk every day, step by step. Happiness is a destination within you built on spirituality. Relationship with God, purpose fulfillment, mindset, and habits are the means that can take you to the destination: happiness

The road that leads to happiness is made of: contentment, prayer, gratitude, simplicity, sufficiency, clarity, a good relationship with your creator, self-acceptance, mindfulness, healthy relationships with others, positive mindset, generosity, and resilience. Walking this strait road will lead you easily to the city of happiness, where you can become a permanent resident. Embrace your journey with openness, patience, and self-compassion.

# CONCLUSION

Happiness is not found in the accumulation of the extraordinary but in the deep appreciation of the ordinary. It blooms not in the frantic chase for “more” but in the quiet soil of “enough”

Simplify your outer world to clarify your inner one. Free yourself from the constant chase, the burden of excess, and the expectations of others. Cultivate contentment and simplicity. Keep resilience as your shield. Above all, have a good relationship with your creator, discover why you are here and fulfill it, and you will find the road to happiness beneath your feet all along.